

BE ACTIVE



ONLINE RESOURCES FOR EXERCISE AND PHYSICAL ACTIVITY

- **Sit and Be Fit:** <https://www.sitandbenefit.org/watch/youtube/>
- **University Health Network Toronto- Cardiac College**
 - **Resistance Training Video Gallery:** Watch the resistance training videos to learn how to exercise safely with proper form.
[https://www.healthuniversity.ca/EN/CardiacCollege/Active/Resistance Training/Exercises/](https://www.healthuniversity.ca/EN/CardiacCollege/Active/Resistance%20Training/Exercises/)

CALGARY-AREA RESOURCES FOR BEING ACTIVE

There are several programs and facilities in the Calgary area that can help you stay active. Many provide options for trying something new to help you find types of physical activity you enjoy.

- **Alberta Healthy Living Program- Supervised Exercise:** Supervised exercise sessions led by healthcare professionals to meet individual needs and abilities in a safe and welcoming environment. Offered at various locations throughout Calgary.
<https://www.albertahealthservices.ca/assets/info/phc/if-phc-cdm-ahlp-cal-hewj.pdf>
- **City of Calgary Outdoor Recreation:** Free outdoor recreation activities including biking and walking paths, skating rinks, and cross-country ski trails. For more information regarding pathways and trails that are maintained throughout the year, visit <https://www.calgary.ca/parks-rec-programs/free-activities.html?redirect=/free>
- **Move 'n Mingle Exercise Program:** An exercise program through Alberta Health Services that focuses on fall prevention. Classes are held at various locations throughout Calgary. For more information, visit: <https://www.albertahealthservices.ca/services/page13166.aspx>.
- **High River Walking Track:** Walking track located in the Cargill Field House. Open daily from 6:00 am to 10:00 pm (not open on statutory holidays). <https://highriver.ca/community/parks-recreation/rec-facilities-activity-schedules-and-rates/activity-schedules-rates>
- **Okotoks Walking Track:** The two-lane track is located on the second level of Centennial Arena Green and is accessible to walkers, runners, baby strollers and wheelchairs. The track is available to use free of charge 7 days a week when facility is open.
<https://www.activeokotoks.ca/TWNOKO/public/category/browse/WALKINGSCHEDULE>
- **Prescription to Get Active:** This program allows doctors and their healthcare team to provide individuals with a "Prescription to Get Active" that can be used at participating facilities for limited access. Visit, <https://www.prescriptiontogetactive.com/index> for more information.

SMARTPHONE APPS

- Strava (iOS, Android)

The links to third-party websites and resources are for informational and educational use only. TotalCardiology Rehabilitation (TCR) is not responsible for the privacy practices, security, or the content of any third-party website. A reference to a website resource does not constitute, endorsement, approval, or responsibility for any third-party resource/site by TCR.